

Contents

[EDITOR'S NOTE: I hope you're enjoying my P Diddy court case coverage. If you're...](#)

EDITOR'S NOTE: I hope you're enjoying my P Diddy court case coverage. If you're wondering why I'm covering it... Aside from the historic nature of the case, I want to shine a light on domestic violence. And the level of torture Cassie Ventura has endured says a lot. This is one of those stories that has to be told. With that said, today's topic seems fitting...

[Subscribe now](#)

How to Break Free from an Emotionally Destructive Relationship



[Subscribe now](#)

Dear *Permission to be Powerful* Reader,

I was trapped in an emotionally destructive relationship.

It wasn't obvious at first.

At first, it felt like love.

Then, it felt like chaos.

Then, it felt like walking on eggshells.

And then, it felt like a prison.

Not one with bars—but one made of manipulation, guilt, and gaslighting.

I share this because so many of us are stuck in toxic relationship loops.

We let someone in—maybe a romantic partner, maybe a friend, maybe even a family member.

They seem great. They feel familiar. They have moments of kindness.

But over time, **they drain us.**

They **stress us out.** They **erode our peace.**

And yet, we stay.

Because we tell ourselves:

“We’ve been through so much together.”

“They’ve helped me in the past.”

“They didn’t mean to hurt me.”

“They’re going through a hard time.”

“Maybe I just need to be more patient.”

But here’s the only question that matters:

☞ Does this relationship energize me—or does it drain me?

☞ Do I feel safe and peaceful—or anxious and on edge?

I’ve had to walk away from people I **deeply** cared about.

Not because I didn't love them. But because **I love myself more.**

Because over time, I saw the patterns:

- △ People who are nice—but consistently disrespectful.
- △ People who apologize—but never change.
- △ People who take—but never give.
- △ People who say they care—but make you feel small.

And the hardest truth?

Even just ONE toxic relationship can destroy your confidence, your happiness, your dreams.

Why We Stay (Even When We Know Better)

Walking away isn't just hard—it's terrifying.

Because **leaving** isn't just about cutting someone out.
It's about cutting out **the version of yourself that tolerated them.**

The version that:

- Settled for breadcrumbs instead of real love.
- Made excuses for behavior that *should have been a dealbreaker.*
- Wanted so badly to be chosen, they forgot to choose themselves.

That version of you **has to die**—so the real you can rise.

And that's painful.

Because deep down, you know:

- If you demand better, some people won't rise to meet you.*
- If you set boundaries, some people will leave.*
- If you choose yourself, you might have to stand alone for a while.*

And that's why people stay.

Not because they don't see the red flags.
But because **they're afraid of what happens when they finally listen.**

The Truth About Letting Go

But here's what I can promise you:

The loneliness of walking away is nothing compared to the slow death of staying.

The moment you start saying *NO* to toxic relationships...
Is the moment you start saying *YES* to **your real life.**

And when you do?

You stop chasing—because **real love doesn't need convincing.**

You stop shrinking—because **you're finally surrounded by people who see you.**

You stop doubting yourself—because **your energy isn't being drained by the wrong people.**

And suddenly, the version of you that was willing to *settle*?

Feels like a stranger.

If this hits home, you're not alone.

If you're in the process of letting go, **I see you.**

And if you needed a sign?

This is it.

Until next time,

Anton Volney

Dancer, Writer, Buddhist.



P.S.: To get the summary notes of this article, go [here](#).

Permission to be Powerful is a reader-supported publication. To receive new posts and support my work, [consider becoming a free or paid subscriber](#).

